

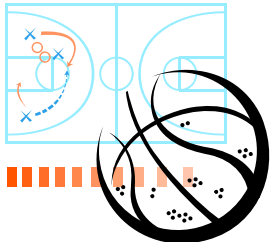


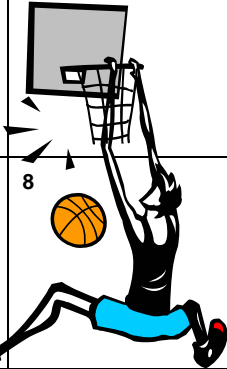




March Madness

March 2008

FUN FACT

When it's time to practice or play, you'll get energy from the foods you've been eating all week. But it's still a good idea to eat well on game day. If you're going to eat a meal, have it 1 1/2 to 3 hours before practice or game time.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	March is basketball month.			Physical Education class teaches basic basketball skills.		1 
2 	3 Basketball became an Olympic sport in 1936. <u>Dribble with the right hand 100 times.</u>	4 Michael Jordan scored 16 points in his first pro game. <u>Do 30 pretend jump shots.</u>	5 Wilt Chamberlain scored 100 points in one game. <u>Stand on one leg and dribble 75 times.</u>	6 The indentations on a basketball are called pebbles. <u>Pretend to do 15 lay-ups.</u>	7 Basketball was brought to women in 1892. <u>Dribble with the right hand 100 times.</u>	8 
9 	10 The "Dream Team" won an Olympic gold medal in 1992. <u>Stand on one leg and dribble 75 times.</u>	11 Kareem Abdul Jabbar has 38,387 lifetime points. <u>Dribble with the left hand 100 times.</u>	12 A double team is when two players guard one opponent. <u>Practice the defensive slide.</u>	13 The US won the first gold medal in Olympic basketball. <u>Cross body dribble 100 times.</u>	14 The first basketball goals were peach baskets. <u>Dribble with the left hand 100 times.</u>	15
16	17 A soccer ball was used in the very first game. <u>Dribble with the right hand 100 times.</u>	18 Due to his hang time, Michael Jordan is called his "Airness." <u>Cross body dribble 100 times.</u>	19 A free throw is an uncontested shot after a foul. <u>Invent a new basketball move.</u>	20 A shot in the "paint" means a shot was taken inside the key. <u>Do 30 pretend jump shots.</u>	21 Lynette Woodard was the first female Globetrotter. <u>Dribble with the left hand 100 times.</u>	22 
23/30	24/31 At 13 years old, Shaquille O'Neil was 6'6" tall. <u>Dribble with the left hand 100 times.</u>	25 An assist is a pass that results in points being scored. <u>Dribble around the body 25 times.</u>	26 The height of the basketball goal is 10 feet. <u>Do 30 pretend jump shots.</u>	27 Tennessee women's coach, Pat Summit has over 900 wins. <u>Dribble around the body 25 times.</u>	28 James Naismith was the inventor of the basketball. <u>Cross body dribble 100 times.</u>	29 